



Obesity

Grade Level: Foundational **Lesson Plan Timeframe:** 2-3 days **Topic:** Dangers of Obesity
Prepared By: Carolee Fogg Mordi **Chapter/School:** Middleton High School

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| Overview & Purpose Students will examine the physical, emotional, and social implications of Obesity. | FCCLA National Program(s) Student Body STAR Events |
| <u>Idaho Standards</u> EFCS 5.0 TL 8.0 YL 5.0 TLC 4.1 FHW 1.0 NF 1.0, 2.0, 4.0 AL 3.0, 4.0 HS 4.1 L 3.2 EA 3.1 <u>National FACS Standards</u> 1.0 2.0 3.0 6.0 8.0 9.0 11.0 12.0 14.0 | Programs of study Teen Living Nutrition and Foods Adult Living |

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| Lesson Plan Goals & Objectives (Specify skills/information that will be learned.) | Students will identify what childhood obesity is. Students will explore the physical, social and emotional impact of Obesity. Students will demonstrate an understanding of Obesity cause and prevention by creating a pamphlet. |
| Materials Needed | <ul style="list-style-type: none"> • Paper • Pencil • Computer with internet |
| Introduction of Subject Anticipatory set (Give and/or demonstrate necessary information) | Read off statistics about childhood obesity found on the internet. Discuss |

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| Activity 1 (Describe the independent activity to reinforce this lesson) | Have students' research on the internet and in textbooks Childhood Obesity. How many suffer from it? What is it? Who does it impact? What are the causes? What can be done to reduce it? Present findings to the class and discuss. |
| Activity 2 (Describe the independent activity to reinforce this lesson) | Have students create a book/ pamphlet about Childhood Obesity. Include ways to combat it with both food and exercise suggestions. |
| Activity 3 (Describe the independent activity to reinforce this lesson) | Extension- Have the class present the information they learned to other classes to inform them of the issue of Childhood Obesity. |
| Assessment | Class discussion Student presentations |
| Summary/Evaluation (Assign Homework, or Reflect on the Outcomes) | Have students write a page reflection on what they can do in their own homes and lives to make sure that they and their family members do not become one of the statistics of Obesity. |
| Other Resources | www.mayoclinic.com/health/childhood-obesity/ds00698 www.overweightteen.com/statistics.html |
| Additional Notes | |
| Source (If Applicable : cite any published or copyrighted materials used in this lesson plan) | National Spotlight Project |

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